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THE INDEPENDENT ISSUE

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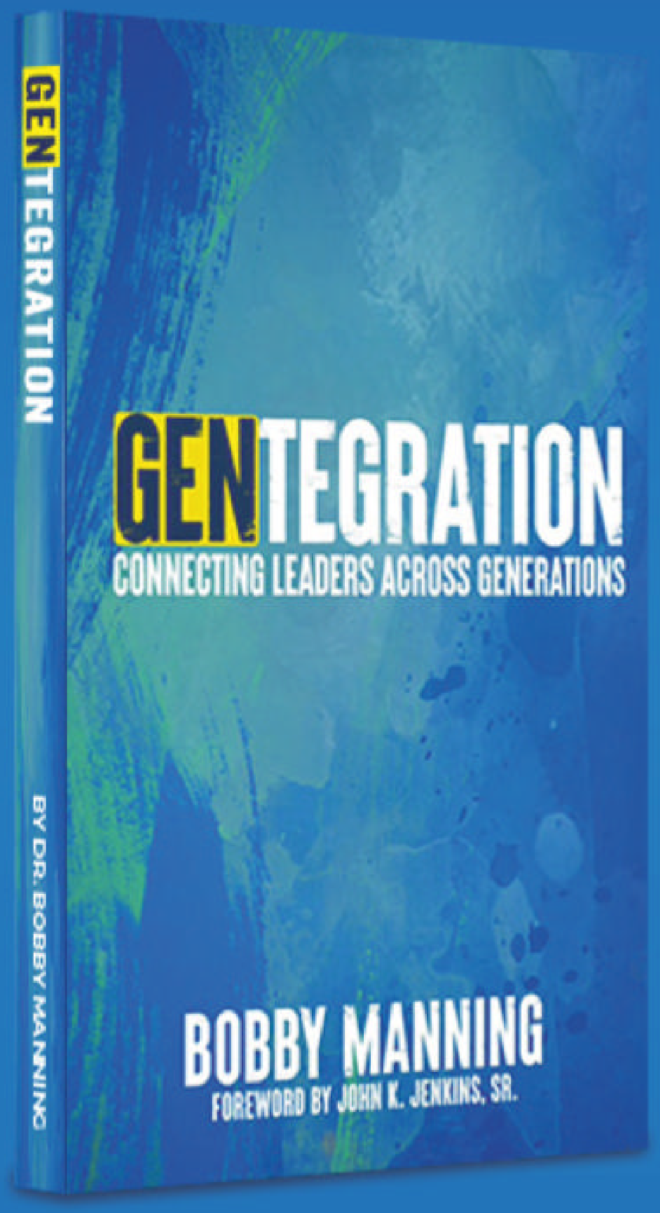
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CREW AND FRIENDS

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EDITOR'S LETTER

WELCOME to our INDEPENDENT *issue.*

When I was a kid, maybe 8 years old, I watched a film titled Class Act, starring Kid n Play. The images from that film for the first time helped me see myself, see my interest and see how the world saw me, all in just a few scenes. Blade Brown was how the world saw me, a hot headed darker skin kid with a reputation for being tough and someone not to be messed with.

I definitely was a fighter, and darker skinned but I related more to the nerdy guy; Duncan Pinderhughes. A softer, more academic focus square. These two characters represented two very different perceptions of myself. I was left feeling like they barely scratched the surface when it came to capturing or acknowledging the depth and cultural richness of the Black American express but it played as a backdrop for. Balancing who people saw and who I was and what parts I wanted to dominate.

In the film the two characters pretend to be the other person to fit into their new social circles.

One did not want others to see them as smart and the other did not want to be seen as soft.

I think 99% of men deal with this duality on some level. Do we lean into the perception if it is found favorable or do we do the brave thing and be ourselves?

It would take me until the age of 19 to kill my tough guy, swing first reputation and embrace the person I really am. In order to do so I knew we had to do things differently.

Many guys aren't given the space to do that. Their environment never cultivates those opportunities for kindness to be a display of masculinity or de-escalation to be a sign of wisdom. Many of us a bred in this thinking that if you're soft, sensitive or caring then you get ate alive. We have to lead with aggression, only show anger and never show weakness.

This January issue (though it's mad late) marks her first cover of InClub Magazine with a rap artist to grace it. LaRussell is the perfect artist to be our first. The hottest up and coming artist, who hails from Vallejo, could treat a college course on being yourself. With a laugh that could rival Jada Kiss's signal one, and bars for the culture that Styles P would appreciate it is no denying that LaRussell has authenticity on lock.

Our goal with this issue was to capture the texture and dichotomy of the modern rap artist and man. There's an intimacy in the story that is reflective of a community rallying behind its own because the person they are connecting with shows up fully himself in every moment.

As LaRussell puts it, I am the same n**** everywhere I go. You just seldom get that in hip hop anymore. I meet a lot of rappers now and I'm always like "wow, you're actually a great person. You should display that in your music because the music doesn't lend to that. It's almost as if people take on a completely different persona and we don't have to do that. And me, I refuse to. "

This issue's theme is Independent. It is something we celebrate, as with the beauty and great cultural impact you are able to have when you're not tied to someone's else's metrics. It's allows space to talk to who we want and to try and fail and try again.

This issue is filled with individual's articles that finds ways to bring the entirety of men's experience in everything they do, from father, son, smart, sensitive, capable; leading to our very engaging and spirited conversation about building artistic and academic legacies as Black men in America.

Finding a place where you can be and be seen for who you are can be an extraordinary feeling. It's our hope that this issue—and InClub Magazine—is one of those places for you.

Thank you for believing,

The result of grace,
Dion W. Ringgold

WTF IS A HIGH VALUE MAN, TRULY:

EXPLORING THE NUANCE OF THIS HIGH COIN TITLE.

by **Craig Browne Jr. ESQ**

Kevin Samuels (RIP) in his brief tenue as heteronormative relationship scion, brought the term "high value man" to the collective consciousness of the melanated American public. In so doing, he acquired something of a cult following among men, and drew the ire of women young & old, rich & poor, from sea to shining sea. Samuel's unapologetically employed a generalized formula in which men of "high value" tend to have a specific demands of woman, and are absolutely entitled their preferences without explanation or apology. Not matter what you thought of the man or his methods, let's assume he's onto something – "high value men" have earned the right to make certain demands. Well then, that begs the question WTF is a high value man? What follows are some thoughts born of experience, a bit of research, a review of popular media discussions, and yes, a sprinkling of the Christian faith tradition.

UNPACKING THE TERM

Well, Samuels would have us to believe that it a man's "high value" refers to his net worth. Men whose income crosses a certain threshold. That's certainly its common usage. Taken by the plain meaning of the words, that's a fair definition. Rather benign, yeah? However, it's use in Samuel-speak is as justification for a dating paradigm that seemingly robs women of personhood by reducing them to a height/weight ratio and a set of facial features. Troubling to say the least, but the misogyny embedded in this view of male/female dynamics has been broadcast in print, social & broadcast media. But to offer an analysis from an alternate vantage, I submit that framing a "high value man" in terms of the depth of his pockets does great harm to the cause of manhood in 21st century America. Similarly, the suggestion that most men are so governed by a big butt & a smile that they cannot prioritize character doesn't dovetail with reality. Men don't realize this de-humanizes men as well – our worth as partners distilled to a checkbook.

BLACK MEN AS CONSUMERS OF "SAMUELISM"

There are a bunch of black men who seemingly have bought what the departed brother Samuels was selling. Many men didn't even meet the definition of "high value" under its popular formulation. According to the US Department of Labor, average annual wages for Black American men are approximately 45,000.00 dollars. No matter – his message found an audience. Why? A few thoughts on the matter. First men, especially Black men, have not been socialized to give voice to their emotions. Black men have not been encouraged to be vocal advocates for ourselves. That's not to say that men don't act in their own interest, better believe that they do. It seems, however, this is generally frowned upon. Black women, however, have been unapologetic in self-advocacy & in consummating support with their own cohort. Sisters generally support Sisters without fear or reservation (and at times without good reason, lol). This is generally a good thing. It's my believe that Black men are in dire need of a similar network, and this need creates a susceptibility to emotional manipulation. Given this, one can see the love for Samuels as a misadventure born of the need for community in the face of lack of respect for Black maleness & our intersectional challenges and needs. The need for affirmation & validation is real, but too many brothers invested in this ineffective treatment of glorifying wealth – especially when so few will attain it. While Samuels did at times seem to call out hypocrisy, celebrating his world view & communication style as an outlet for the expression of unapologetic Black maleness is ultimately reductionist – and divisive.

VALUES

If a "high value man" is a function of his net worth, are men of limited means "low value men"?

Extraordinarily problematic to associate a Black man's value with his ledger sheet given history in this country. Annual wages for Black men are some twenty (20) percent lower than the national average for all men. Many of Black grandfathers didn't have a "high value" – but they were valuable men. A suggestion – a shift in thinking; to redefine "high value" to reflect our expectations of men in our times. Men who act with intention & best efforts within their chosen profession – valuable men. Men who invest in their emotional, physical, spiritual health – valuable men. Men who understand the benefits of commitment within a romantic relationship – valuable men. Men who aren't intimidated by women who are their intellectual & professional peers – valuable men. Men who love their family sacrificially and partner in domestic duties & childrearing – valuable men. Men who embrace the rule of law recognize the inherent worth of those in the community - valuable men.

Brothers aren't the only ones in need of this paradigm shift. Black women also reinforce traditional expectations of men as assigned at birth and arising from our gender, while simultaneously eschewing the traditions for women under the claim that old school expectations for women cast them as second-class citizen. This kind of intellectual dishonesty & practical manipulation cannot continue if the culture desires to encourage relationships rooted in authenticity. If men can learn to love & invest in themselves unapologetically then the culture has taken the first step in framing a new narrative in the development of black families (for what else is dating if not the predicate for the creation of "family"). If women can learn to see men as "partners" without placing a disproportionate importance on his "providing" (financially), then we will have taken the next.

This is not at odds with a belief in biblical male leadership. The Bible describes a servant leader who embodies the qualities just discussed, and who is willing to prioritize his chosen partner. That kind of man is looking for more than a pretty face & a slim waist (though no one would deny the reality of preference & importance of physical attraction).

It's true that many men with money in the bank seem to prioritize physical appearance, but perhaps that reflects a lack of appreciation for genuine partnership. The men seeking a mature relationship understand the importance of a woman's personal quality. To a confident, independent women seeking a partner, perhaps it's not his income that makes him a "high value man", rather how he moves within his personal life & in their interactions. The more women who value, well VALUES, in a male partner the more men will embrace the new formulation. In Proverbs 31, a "woman of great price" is typified by her character. Wouldn't it be something if "high value men" are defined by the way they interact with the world, and not their ability to buy it.

WHITE PEOPLE AND THE N-WORD: WHY?

DISCLAIMER:

I'm a white dude. Like every human, I'm working from the sum of my experiences and perceptions with the hope of giving you, the reader, insight. I'm willing to concede that there may be points where my identities and experiences limit my understanding and I need correction. At the same time, I don't believe that a person's identity makes them infallible when discussing a topic pertaining to that identity, i.e. just because someone is a woman doesn't mean they are automatically right on every nuance or issue surrounding women (despite what sitcoms may claim). Keep this in mind as you read.

BY **KYLE BUMGARNER**

"Sticks and stones may break my bones, but words will never hurt me", so the old saying goes. Despite the obvious falsehood present (words can be incredibly damaging), the originator of this quote probably never imagined the costliness of uttering certain words. Such is the case of Robert Sarver, the owner of the NBA's Phoenix Suns, who was recently suspended from the league for a year and fined $10 million dollars for a litany of poor conduct, including multiple instances of saying the n-word after many people had repeatedly told him to stop.

Few words carry as much radioactive weight and baggage as the dreaded n-word. The mere fact that it is almost never written out and is usually stylized as simply "the n-word" shows the Voldemort-esque power the word itself commands. Yet for a certain group of people, the very power this word commands provides all the more reason to wield it for their own use.

With his actions, Sarver joined an unfortunate rogues gallery of individuals including Papa John, Joe Rogan, and _________ who have been publically and professionally damaged by their use of the word (though it's worth noting that for all their expressed frustration, these very rich white men are still pretty much okay).

The n-word itself, when wielded by white people, is atrocious, a dehumanizing slur that recalls the most wicked hours of American history. It is a word whose sole purpose is to categorize a certain group of people as less human, as animals and as property non-deserving of even the most basic level of dignity or respect. In addition to the pain it's mere utterance causes to Black folks, it's recent use by white people in the current social media age has been largely met with public shaming, loss of professional opportunities, firings, and abundant outrage. Which begs the question: if you're white, particularly a white celebrity or other prominent white figure, why is it necessary to use the word in the first place?

To be perfectly forthright, I don't have a great answer. Why anyone would willingly choose to continuously use language that at best is just a mean word that will cost you social and financial capital and at worst calls to mind the barbarism of white supremacist oppression that has plagued black people for centuries in this country is beyond me. If I had to take a stab at it though, I think you could probably group users into roughly 3 categories:

Outright racists: The obvious one. If you believe yourself to be a superior being and/or hate black people, you'll have no issue using the n-word.

Rebels with a wack cause: This is a pretty large group of people, who might say that it's important to question certain societal rules. Essentially, their pride and ego won't allow them to submit to the rules of others; they HATE being told what to do, and will usually do the opposite. This can sometimes be an admirable trait, particularly in matters of free speech or conscience; however, when wielded in service of something like wearing a mask or saying the n-word, non-conformism comes across as petty and immature. Many n-word apologists would likely fall into this category.

The ignorant: this would include folks from older generations/demographics who, though it seems unlikely, may not realize the radioactivity of their n-word use. They truly do not understand the magnitude of using that word as white person. Hopefully, these folks will be swiftly corrected and remove the term from their lexicon post-haste. Otherwise, they may shift into one of the other two categories above.

As stated previously, these are not hard and fast nor totalizing categories, but they can at least help us begin to understand why people might use the n-word.

In conclusion, to all white people and those that care about them, here are two simple rules to understanding the use of the n-word their everyday life you can share with them:

1. **Don't.**
2. **See number 1.**

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THE THINGS MEN DON'T SAY, THAT YOU SHOULD HEAR

BY: **DANTE MOORE**

Day in and day out the commonplace man walks through the halls of his home, the corridors of his workplace, and the streets of his city struggling. His struggle on the surface doesn’t appear to be one that is laborious or without enjoyment, in fact, it can mirror the very opposite. He leads confidently, caring for his wife and encouraging his children as his daily routine. He delivers consistently, accomplishing tasks at work among colleagues and meeting his deadlines. He walks freely enjoying life’s pleasures in his leisure with others as well as business. However through it all, the commonplace man is suffocating in the silence of his struggles.

Most may know the following from the 2005 movie Coach Carter, however it was Marianne Williamson who first said:

“Our deepest fear is not that we are inadequate, it is that we are powerful beyond measure.”

Let’s take a moment to examine the 5 things men struggle with in silence:

1. *RESPONSIBILITY –*

Starting with the heaviest one of all, men struggle with the responsibility of simply being a man. What does that even mean in 2019 when one can choose to identify with whatever gender they want? Where is the rulebook for how to be a man in this day and who sets that precedent? Men are faced with a challenge and responsibility of being the man that the world needs and that burden can become a large load to carry when uninformed. With little instruction from counselors, mentors, absentee fathers and guides, who is leading the charge to create the next generation of great men?

Men are struggling with the roots of what it means to actually be men. The level of toxic behavior that matures and shows itself in modern society is birthed from a lack of embracing adulthood and holding onto a bogus stage of development known as adolescence. This stagnant stage allows a person, (often men) to escape the responsibilities of their actions, including being held accountable for their choices or lack thereof.

Egard Watches released a short film in the beginning of 2019 in response to Gillette’s controversial commercial concerning toxic masculinity. This is not to in anyway diminish the notion that toxic masculinity is not real and pervasive however the video highlighted another side of the picture. They dedicated the video to all men who sacrifice everything to make the world safer and better for us all. In that response video Egard Watches highlighted statistics such as:

Men account for 93% of workplace fatalities (Bureau of labor Statistics)

Men comprise over 97% of war fatalities (U.S. Dept of Defense)

79% of all homicide victims are male (UN Office on Drugs & Crime)

Nearly half of fathers without visitation rights, still financially support their children (U.S. Census Bureau)

Men account for 80% of all suicide victims (World Health Organization)

75% of single homeless people are men (National coalition for the homeless)

https://www.youtube.com/watch?v=x_HL0wiK4Zc

The resounding statement that we hear is: There are good men, and we are trying. Yet due to the fact that many males have not been trained and groomed to become a man, the responsibility is often dodged and dismissed which is where toxic behaviors are bred and further cultivated. To conclude, the first struggle men suffer with in silence is that of being responsible to be a man and all that it entails.

2. *THE APPETITE –*

Have you ever been in an important meeting and you were really hungry as your stomach was twisting in knots? On the outside your face was genuinely relaxed while inside the cravings felt like they were eating you alive. It wasn’t until your stomach let out that large growl to let everyone in the room know that you were hungry. This is the appetite of a man.

We struggle to hide and silence our appetites for things that may not be appropriate in general or at the current time. Men have natural cravings they can't be acted on at the expense of others and followed up with the mantra "boys will be boys" or "it's a man's world". So instead of acting on those urges men often find lesser ways to wet their appetite. In this particular instance I am referring to sexual gratification or sensual pleasure. We find ways to be discreet about what we like and browse social media or explicit sites in an incognito fashion. We silently lie in wait for a certain woman to come past us so we can look at her as she walks away. We place wager like bets with other men about as to whose phone number we can get amongst our women if we were to introduce ourselves. Some men who are natural charmers use their way with words to be so flirtatious that they get manipulate women to act first so they can escape responsibility of leading them on with plausible deniability. With this appetite we don't just say what we want, we cover our desires because in a way, we are ashamed of them. We know they are animalistic.

Yet again everything isn't sexual either, our appetites can at times be contrary to our character or that which people know us to be. However, since it is a part of us we struggle to determine whether we will feed the beast within or keep up the front we are portraying. This is exhibited in the lack of impulse control men have as we scratch and claw to the top to make the most money, only to frivolously spend it to impress others we really don't care about. Some of us even have an appetite to consume everything around us without a care for our neighbor. We want to earn all the money, have all the women, possess all the materials that resemble wealth, and be admonished with all the titles. The thirst is never quenched and the hunger is never satisfied. This is the silent struggle of a man.

3. SELF –

This is a loaded one that men are absolutely mute on. The question is am I ever good enough? Self-appearance, self-awareness, self-image, etc. are all topics men deeply avoid. We struggle with taking a long good look in the mirror at self. As men, we are plagued with an issue of identity due to the notion that we sometimes want to be who we think society needs us to be. We forfeit our genuine selves for the counterfeit replacement that we think will appease our friends and family.

Self-appearance is one of those things that is largely influenced by outsiders. The things that can determine how a man dresses, grooms, speaks, and presents himself overall have much to do with society. How was he raised? What are the expectations of his significant other? How much money does he have? Who does he hang around most? Where does he live and work? These and more are determining factors into setting a man's appearance to the world.

Looking past the outer, even into the mode of thinking a man will hide away things he believes he will be rejected for if he appeared to be associated with. For example I know men who are well developed graduates with good jobs, great credit and loving husbands yet they enjoy watching occasional cartoon like animé shows. To them that is embarrassing to their accomplished self-image, so they hide it from the world. They struggle with the child like part of themselves being seen because they don't want to be placed into a lesser class or showcased as a nerd or a loser.

Vulnerability is where ones self is truly found. Men have a hard time saying "take all of me or none of me", instead we hide away some of us so we can be accepted. Self-image is only truly painted when we are aware of the behaviors we are displaying that aren't a part of who we truly are. Many men deal with having to always be right and as a result that clouds their judgment from being fully discerning as it relates to a healthy self image. The question men struggle with apart from their families, their work, and their residence is a resounding - who am I?

4. MENTAL HEALTH/ABUSE-

Men are strong. Men are tough. Men are resilient. Men are brave.

BUT, men are also broken, hurt, abused, battling, victims, confused, suffering, ill, and the list goes on. We too feel, yet we have been raised in a culture that says a man just takes it on the chin. In a changing western world that says they are so “inclusive” men who come out and claim they have been sexually molested or assaulted both in the past and present, are often not believed or looked at as laughing stock. Men are supposed to be strong, tough, resilient, and brave; but to what degree? Should it be to the point of abuse? Men who were once boys have suffered much abuse because this mindset of what a man is has been deeply engrained and embedded. If there was no father figure, then society shaped their view of a man by way of HBO, MTV, and social media. School, music icons, and the streets showed a picture of what a man should do in any given situation. Though the pictures painted is not the most accurate portrait it is all some have to reference.

For so long society has allowed both men to remain undiagnosed and suffer through mental illness while misclassifying it, which lead to a lack of proper treatment. Although women seemingly feel more comfortable now entering into the safe space of sharing their truth, men still struggle to confront their internal battles. The pursuit of perfection often leaves men ravaged. We are damaged and broken and we struggle with these insecurities because we do not want to be labeled, diagnosed or medicated. Men have the propensity to feel like less than when we become aware of a deficiency or a barrier to our mental health. As opposed to making us weak by admitting it, it actually shows how strong we are that we have reached the point self-actualization. It can be said that we as men feel it is our duty to be the first line of defense for both our women and children. If we were to lack for better of words “lose our minds”, where would the country be? So instead we lick our wounds and pretend to be ok. We end up misplacing our aggression, violating the ones we live, demonstrating toxic behavior, and in some cases unfortunately looking for a more permanent escape from the pain. At that point there is no more struggle, just silence.

5. MEN –

Last but certainly not least, men struggle silently with other men. We don’t know why we have this nature of being competitive but we just do. Adversely we can love another man closer than our own family if they display the consistent loyalty and values that we are looking for. Nevertheless men struggle with the notion to figure out what kind of man they will be when they enter a room. We have to determine if we will assert ourselves as the alpha male or rescind and sniff out who else is playing that role. Afterwards, based off our personality we have to determine how we will interact and respond to the alpha male because that determines the level of competition we will have. Will he be friend or foe? This also helps us anticipate conflict in the near to distant future of a relaxed atmosphere with soon to be friends or a fight to always outdo the next man.

When we scroll through social media men will never admit that it’s not just women, cars, and houses that they are looking at. We struggle silently by looking at other men too. What trends are they setting? What cars are they driving? How many likes do they have? Who is following them? What woman is he with this week? What city/country is he traveling to? What clothes is he wearing? What business is he starting? We struggle to measure up with other men. This is where some of our self-appearance starts to form in the depths of these very questions. Coveting, jealousy, envy, attraction, resentment are all built in these questions. Yet however true that may be as a man you can never let another man know that these are your thoughts because it reveals a deeper level of insecurity that we visited on #3 concerning self.

Finally we war internally with how other men treat us. No matter their title, pedigree, position, financial stance, or rank they are still a man. Every man deserves and internally demands respect. The struggle that lies within however is all of our personalities will not articulate our desire to be respected by our opposing male counterparts. So in the event where we feel as a man we are being disrespected some will sulk inwardly as they yield to the position and status of the one who disrespected them. Others for example will bark back audaciously and let that man know that they will not be disrespected. Regardless as men we have a sense of pride within us that no matter who you are, you will respect me. In some cases it results in, “I will get loud, or I will get even.” Men can be our worst enemy.

BY **PRINCELLA TALLEY**

10 SURPRISING HABITS FOR A HEALTHIER BRAIN

A healthy brain is crucial for optimal physical, mental and emotional functioning. Keeping the brain healthy and happy is also necessary for stronger memory, learning and overall well-being. On the other hand, poor brain health leads to cognitive decline and increased risk of neurological disorders.

Here are 10 surprising (and fun) habits you should know about to improve and maintain brain health for a better quality of life and a reduced risk of developing brain-related health issues.

1. PRACTICE HATHA YOGA

Hatha yoga emphasizes physical postures and breathing exercises, and regular practice has numerous brain benefits. It increases brain plasticity, which allows the brain to better adapt to new challenges. The deep breathing and mindfulness techniques used in hatha yoga improves mental clarity and reduces feelings of anxiety and depression. Regular practice of hatha yoga can also enhance overall brain health and support cognitive function, making it an effective tool for promoting both physical and mental wellness.

2. GET SOME SIDE SLEEP.

Sleeping on your side reduces the risk of sleep apnea and snoring, which disrupts sleep and decreases oxygen levels in the brain. Side sleeping also helps maintain the natural curvature of the neck, reducing the risk of neck and back pain. Additionally, sleeping on your side improves circulation, allowing more oxygen and nutrients to reach the brain and supporting overall brain health. It is also linked to reduced pressure on the brain, lowerin the risks of neurological diseases.

3. TRY TURMERIC.

Turmeric has been used for centuries as a spice with medicinal properties. Curcumin, an active ingredient in turmeric, has potent antioxidant and anti-inflammatory effects. These properties help protect the brain from damage caused by oxidative stress and inflammation that contributes to a range of neurological disorders, including Alzheimer's disease and depression. Studies have shown that curcumin also improves memory and mood. Turmeric is neuroprotective - helping to protect the brain from injuries and illness and disease. Take turmeric in its natural form or as a supplement to support brain health. And, of course, check with your doctor and watch for any side effects if you decide to consume turmeric regularly.

4. LEARN TO PAINT.

Painting is a challenging activity that keeps the brain active by improving memory and learning abilities. When you paint, you engage both sides of the brain to stimulate creative expression and hone technical skills. This type of brain stimulation enhances cognitive flexibility and problem-solving abilities. The process of learning to paint increases self-esteem and provides a sense of accomplishment, further supporting mental health. Painting can be an affordable outlet for fun and creativity and doesn't have to be difficult. If painting feels too difficult on a blank canvas, have no shame. Let painting by numbers direct your path.

5. PLAY SCRABBLE.

the opponents' moves and anticipate future outcomes. The game requires focus, attention to detail, and visual-spatial awareness. Mastering these skills promotes optimal brain function.

6. GROUND YOURSELF.

Walking barefoot in grass connects the feet and the Earth. This is part of a process known as earthing, or grounding. Earthing transfers electrons from the ground up through the soles of your feet. This reduces inflammation and stress levels and improves sleep quality. The sensations of walking barefoot in the grass also provides sensory stimulation for better focus and cognitive functioning. Keep it green, but also keep it clean. Inspect the ground before earthing and learn best practices for a healthy experience.

7. HAVE A LAUGH.

Laughing releases endorphins that reduce feelings of stress and pain. Laughter also triggers the release of dopamine, a chemical in the brain associated with happiness and pleasure. Laughter also counts as exercise as it increases blood flow and oxygen to the brain. Laughing together also deepens relationships and is a natural stress reliever because it lowers the stress hormone we know as cortisol.

8. EXPERIMENT WITH FREE FLOW MOVEMENT.

Free flow movement is moving the body in a natural and unstructured way, usually through dance or play. Moving freely releases tension and gives us a break from everyday worries. Free flow is artistic, increases our mobility and coordination and can count as exercise depending on how you move.

9. VOLUNTEER.

Volunteering can reduce feelings of stress and depression and provides a sense of purpose and meaning. When you volunteer, you positively impact the communities you serve. Knowing you are serving others fights loneliness and keeps your body in motion while group-problem solving, a social interaction that benefits the mind, body and spirit.

10. PRACTICE TRANSCENDENTAL MEDITATION.

Transcendental meditation is a unique form of meditation because the technique involves using a mantra that you repeat silently with your inner voice. This quiets the mind from racing thoughts and leads to inner peace, even if momentarily. The brain benefits from this deeper state of rest and consciousness that also relieves tension from the body.

GETTING OUT OF A CREATIVE SLUMP

BY **OLIVIA SIMONE**

"Creativity is intelligence having fun"- Albert Einstein

It is because we were created in His Image and in His Likeness by The Creator that we have been given the right, will, power AND authority to be creative! Whewwwww. Okay, now let's just process this powerful and creative statement for a moment because I too, am baffled by what I just wrote. Singing, Won't He Do Itttttt?!!!. HA! My dear brethren, you and I were created to CREATE! It is because of who He is and who we are in Him that we have been bestowed with this gift! But what does it really mean to create, be creative, and have creativity.

DID YOU KNOW that the word create is a verb? And what is a verb, children? That's right! AN ACTION WORD! Oooooo it's some elementary English scholars in the building I see! But wait, there's more! Webster defines the verb create in many ways that I thought were interesting and profound that I'd love to share with you! Merriam states that to create is to bring into existence, to invest in a new form, to produce or bring about by a course of action or behavior, and to produce through imaginative skill. WOW! Talk about a mouthful? Now was Webster talking about the word itself or YOU?! Hmmmmm.....

Since we are all individuals that have our own DNA of individuality, unique gifts, talents and skill sets our assignment here on earth is to discover the very thing(s) God predestined are preordained us to produce and manifest in tangible form!

For some it's movies and entertainment. For others it's books and magazines. For some it's the latest inventions. For others it's artistic pieces and music. What I'm trying to get you to realize is that we all possess the power to create within our minds. Oh the power of a thought! God created the heavens and the earth because He thought about. He created everything and everyone because we were all on and in His mind. Just look around! What do you see? People's process of thoughts! From the latest smart phone, tallest skyscraper, the fastest of cars, all the way down to your favorite eatery all these things and MORE initially were conspired within the dimension of one's imagination. Someone thought and said within themselves, "Now that's a good idea! I'm gonna create that!" And so they did.

I admit, being creative can be quite the challenge. Getting those creative juices to flow can oftentimes become a mere trickle. So what do you do when the sparks don't fly and your mind often draws a blank? How does one find creativity when one doesn't have the slightest clue on how and what imaginative thoughts to act upon? Well, I got 5 words for ya' :

SEEK GOD AND DIG DEEP.

The reason why I say this is because God, The Creator who crafted, molded and continues to shape us, understands you and I better than we will ever know ourselves. He knows the true gifts and talents He deposited within our inner beings which is why we must go to Him first and always if we desire to become what I like to call His Divine Design. This requires us to dig deep into who we are underneath our surface. With His Guidance, we must learn how to peel back the layers of our frustrations and life's disappointments so that we do not become burnt out during this process. I must warm you, searching for your true self is not an event, but a journey through the mind.

Understand that the mind, your mind, is a precious gift from above that must be treasured, yet fought for. Oh yes honey bunny, being creative is a fight between your conscious mind and your subconscious mind. One part of your mind tells you to create awhile the other part tells you to do away with your creative mindset and DO NOTHING.

SOUND FAMILIAR?

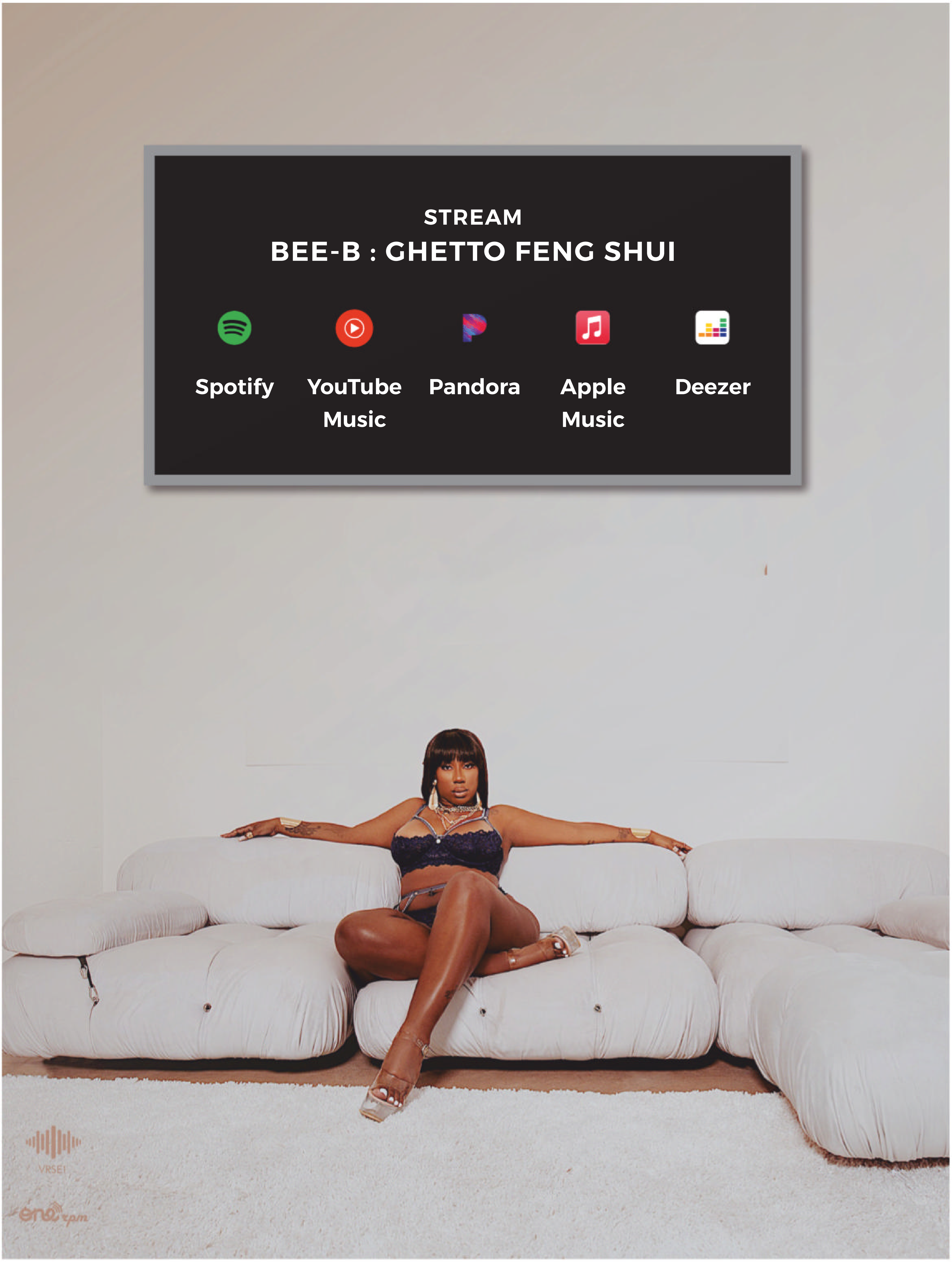
Beloved, either you use your mind as a positive tool to create OR a dangerous weapon that destroys. "Ah, to create or destroy, that is the question."

Like I stated earlier, being creative can be quite demanding and sometimes you're just not feeling it! I get it. Trust me. If you've been in a funk for quite some time and haven't been producing anything know that you are NOT reading this by coincidence or mistake. Singing, "Won't He Do Itttttt"(again).

Below I created, oh there goes that word again, a list of ways to get your creative juices back flowing and GET YOU REIGNITED! ENJOY!

1. Ask for God's Help- Remember you cannot figure you out alone.
2. Change your morning routine- START FRESH by switching up your normal. Figure out a way to implement something NEW into your day to day schedule.
3. Breathe. Relax. Take A Break. - Don't overexert yourself by getting too worked up and overwhelmed by those nagging thoughts and woes.
4. Discover A New Approach- Find a new way. Don't tackle the same tasks using dried up methodology's and thought patterns. Write out new, innovative ideas!
5. Exercise- Get your mind and heart pumping so you can feel energized, vivacious and full of life.
6. STOP WORRYING- This one's self-explanatory
7. Eliminate distractions- In a world full of distractions, STAY FOCUSED on the things that add value only.
8. Change Your Surroundings- Believe it or not our environment affects everything around us including our speech, attitude, moods and behaviors. Be aware of who and what you entertain.
9. Pray- Ask for God's assistance in helping you discover your true passions
10. KEEP TRYING- Whatever you do, don't quit. Don't settle for less. Keep Creating. Keep Dreaming. keep Imagining. Don't Give Up, NO MATTER WHAT. In the words of the late great Aaliyah, " If at first you don't succeed, dust yourself off and try again!

Repeat As Needed



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TikTok AND College ADMISSION

For many years, Americans finishing high school had two main pathways they could follow upon their completion of high school: attend college or go directly into the workforce. In the early part of the 20th century, either option was seemingly viable; college was less expensive, and there were plenty of well-paying jobs that didn't require a college education. As the post-war economic boom receded and the knowledge economy began to coalesce with rapid technological advancement, college quickly became the more sensible option for those who wanted to achieve a lifestyle free from economic hardship and impoverished living. While there were certainly those who bucked the trend and became financially stable without pursuing higher education, people with at least a bachelor's degree dominated the job market. As the 21st century began, continued techonological innovation, the 2008 financial crises, and rising educational costs continued to put pressure on the American university system to deliver. Students were finding now that they needed not only a bachelor's degree, but a master's degree, an internship, and 3-5 years of experience to find a job that helped them make ends meet. The struggles of the university system to grow with a competitive and ever-expanding job market came to a head with the COVID-19 pandemic. Universities faced plummeting enrollment numbers, and massive amounts of school loan debt led many people to wonder if college was worth the investment.

BY **KYLE BUMGARDNER**

While we don't have an exact study to draw a line between these two points, at least part of the discourse around the value of a college education has been driven by the rise of digital social media and its potential for wealth generation. Social media advertising and "influencing" has allowed many people to generate a respectable income with seemingly less effort and, importantly, much less debt or investment than attending college and pursuing a work after graduation. More importantly, users also have a platform with which they can broadcast their path to success; stories of people in their 20's raking in boatloads of cash with little effort are siren call to their peers, who often flock to their pages to try and emulate the success of these accounts.

The success and apparent ubiquity of social media influencers living their best life while making exorbitant amounts of money has many people asking the question. "Why would I go into debt and spend four years in school just to have the CHANCE of getting job, a job that will most likely demand 40 hours or more a week from me? Wouldn't it make more sense to utilize my social network and social media profiles to generate "passive" income so I only have to work maybe 10 hours a week and can spend the rest of my time traveling, shopping, partying etc.?" This dilemma has rapidly become a hot topic of conversation, especially for Gen Z students finishing high school or college.

As with most things, there are potentially pros and cons to this way of thinking. On the one hand, there are those who have created a successful career for themselves using social media platforms like TikTok, Instagram, and YouTube. They enjoy the work they do and are being paid well for the content they create. Many times, they have greater control over their schedule, allowing them to travel or visit friends and family if they so desire. On the other hand, we often see only the glamorous side of influencing and content creation, which distorts our understanding of how these occupations actually function. Many people are drawn to social media because they want to make the most money with the least amount of effort. In reality, social media personalities and influencers still have to work; even if it's not a typical 9-5 schedule, they still often have to work close to 40 hours a week, often even more. Many influencers have jobs outside of their social media work as well. Some studies have found that influencers spend up to 9 hours a day on their phones for work/creating content. Additionally, most of the people who earn the most money from social media are already well-known celebrities with millions of followers; creating a large brand from scratch is very difficult.

But even if social media is not all glittery gold, wouldn't it still be better than going into debt for college? Again, there are pros and cons. Though we have elaborated on some of the issues with college above, there are still valuable benefits to attending college. For starters, despite the debts college students typically incur, people with a bachelor's degree are still more likely to earn more money over time than those without a degree. Almost 75% of college students are able to pay off their loans within a reasonable time period after graduating. In addition to the financial aspects, college allows students to have a unique social experience that can often benefit them later in life by strengthening their social skills and shaping the foundational knowledge they have to pull from.

In short, despite decreased enrollment, the rapid spread of social media, and increased college costs, college still remains a viable option for those who are seeking to earn money for a good standard of living. Regardless of what path they take, students should do meticulous research to avoid financial pitfalls like picking a major with limited job prospects or spending money on an influencers course to try and get rich quick. As long as students are smart and can critically evaluate their skills, abilities, and desires, they will have a variety of options that can help them lead the life they want to live.

LARUSSELL

THE INDEPENDENT PROTOTYPE

In Conversation with ***Dion Ringgold***

Early 2022, I created a vision broad that included everyone I wanted to interview for a cover story for InClub Magazine. I broke it down by categories. 5 in each. Activist, Artist, Actor, Author and aficionado in any other area, food, fashion, etc.

In that Artist block I break it down by genre. There were only 5 rappers on that list and LaRusssell was amongst them. For any of your living without Wi-Fi in a cave or maybe you've been on a social fast for the last two years, LaRussell feels like the second coming of hip-hop. After his ultra-viral freestyle on LA. Leakers to his interview on the Breakfast club; it was becoming increasingly difficult to not hear about this bay area kid with a sunshine smile and thundering bars.

His rhymes feel like social commentary, satire and hoop dreams. It is as if Trevor Noah listened to 300 hours of Tupac before doing an episode of the daily show.

LaRussell is the Jimmy Hendricks of rap music, unorthodox, but unable to be ignored.

Who is he signed with? I am glad you asked. He is an independent artist.

LaRussell feels like he came out of left field. He is Bath Ruth in crocs, calling his own shot. And batting 100! If you want to get to know this music industry disrupter read on and enjoy our conversation with the one and only; LARUSSELL.

It's funny to think about people's lives and their careers kind of like defining moments right?

These defining moments are precise decisions that became mile markers of sort.

As an independent artist it is probably harder to kind of track their ascension right.

So walk me through, for you, what would you consider to be the defining moment - when you said, okay, the people know I'm here now?

LaRussell: There has been several. La Leakers freestyle, The Breakfast Club and Sway.

We've had several of those marks along the journey. There wasn't really one defining moment. Renovating the backyard - that was a big thing that had the whole world kind of selling the albums again - like we sell real albums. Buying out the cafe - that's too many to count, you know?

Dion: Even the way you did that was kind of wild. It goes against the grain of a lot of things.

Even the kind of music that you do feels that way. It's definitely hip hop but is counter to a lot of what hip-hop is right now.

Let's go back to young Joshua - little LaRussell. Because you talk about your folks a lot in your music. Walk me through what that was like just in that household. And if that had any influence on what bred this confident, authentic, go against the grain person that we see today?

LaRussell: I grew up with both parents and my pops was a hustler, and just a hard worker, and my mom had a great spirit and was always funny. I had comedic uncles, and we just grew up from the block. All of it molded me. I was a barber shop kid - I grew up with all the OG's around and they sharing their stories and talking game. And one of my neighbors used to always take me with him when he would go to games and just hang out with the homies. So, I was just really immersed in energy, and culture from the jump. I grew up in the bay, so my pops had the subs in the back of the trunk, and we had a lot of music - and we pile up to 20 kids in the back of a suburban truck going to the skating rink and s***. So, I just grew up submerged in culture.

Dion: I love that - there's not a lot of our story, especially in hip hop, that you have both parents, have that type of impact on you growing up - where it wasn't just all bad. So, I think that's always good to hear that your type of music can still come from a healthy place. It doesn't always have to just come from the dark place.

"It's a little bit of both. You take everything and you make gumbo."

Dion: I'm assuming you didn't always want to be a rapper. What were some of those early, aspiring careers? And what was the shift for you?

LaRussell [3:30] I didn't really have an early inspo of a career. I never had a desire of "I want to be this or do this." I never set my mind on anything. I just always loved to rap and make music so that was always in the back of my head. But I never chose anything, which kind of allowed me to be malleable.

Dion: Wow. That's crazy. Do you remember kind of early on when you were playing with an idea of music, maybe saying to yourself, "I think I can take this seriously" or the first validation? Maybe of, "Yo, bro, you're good."?

LaRussell: I remember being a kid and I used to write raps for my sister, and we rap them over the boom box playing other people's songs. I used to go across the street to my neighbor, my boy Isaiah, and we used to both write raps. And he was older than me by some years, but my raps were better and we all knew it. It was clear amongst us, like these are kind of different so from the jump, I was very articulate in my writing and it was already really creative. I understood what bars were, I was already on that path. It just wasn't nurtured yet. It just had to keep getting built.

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Dion: *So let's talk about being nurtured. From what I understand - you're first album, when I listened to The Hood Blues and things like that it seems as though you were a little bit ahead of the time, as it feels now like it was a precursor to 2020.*

Those types of songs, the Obama skit, they were literally a precursor before the boiling point of 2020.

2020 hits and was it like, "Oh, I'm definitely right in the sweet spot of where I'm supposed to be"?

You talk a little bit about the Eric Garner situation where the murderers were not found guilty and were not convicted. That seemed to kind of fuel you a little bit too. Can you just talk about the process in that album in those songs?

LaRussell: I always used writing to express life. Whatever I was feeling or experiencing. So, it wasn't intentional. I wasn't trying to be the conscious guy or none of that.

It was just "This is what's on my mind." This is what I'm seeing and experiencing this is what's happening. So, I'm going to talk about it. I have eyes and ears." It was never through intent. It's just when I sit down and write and I hear a certain beat, whatever emotions or feelings that beat brings, that's what gets discussed on that track.

Rather intentional or not LaRussell was starting a wave while riding his own.

"We been on that" ***LaRussell*** *says with a laugh.*

I said to him that he feels counter culture as it pertains to hop-hop music because the music industry is very different right now. Maybe for good or for bad, but it seems to me that LaRussell is one of the few new artists who led with lyricism and storytelling - there's not a lot of those who lead with that.

Dion: What is the state of music and artistry right now and what do you want to be associated with? Some people want to be the best artists - some people want to have the most hits - some people want to be the best lyricist. When you hear your name, what do you want LaRussell to be associated with?

LaRussell Reality. *[laughs].*

I feel as though when people come listen to LaRussell to get a certain thing. I noticed all of my fans when I do shows they're coming for healing. They're coming for a certain energy that they can't get nowhere else. They're coming for love that you can't get nowhere else. I'm an artist that before shows I'm in a crowd hugging people; after shows I'm in there hugging. I know some of my fans by name.

LaRussell come son to recall the experience at one of his recent shows.

"We just had a show two days ago, and one of the fans is a gold card member.

I saw her, and I was like "Yo, we got a gold card member!" She was like "You know?" and it's like "of course!"

LaRussell's independent path has allowed him to be extremely creative in how he connects with his fans. But what it really has allowed more than anything is, is for him to be him.

LaRussell continued.

I feel as though people come to me for just realism. I'm not like a figment. I'm not a figment in hip hop.

I don't have a mask. When I'm around my mother and my family, I'm not a completely different person than I am in the public eye.

I am the same n* everywhere I go. You just seldom get that in hip hop anymore.***

I meet a lot of rappers now and I'm always like "wow, you're actually a great person. You should display that in your music because the music doesn't lend to that. It's almost as if people take on a completely different persona and we don't have to do that. And me, I refuse to.

I never want to be caught lacking in a sense of that I'm not being myself, and then I can be exposed.

I'd rather just be me. I think there's so much power in that because when people feel that and see that, they connect instantly. When you meet somebody that's walking in a path genuinely, you connect different.

For all of his talent and creativity LaRussell continues to prove his omega-level mutant power is his ability and intentionality to be

I am the same n* everywhere I go. You just seldom get that in hip hop anymore.***

himself. With a laugh that will rival Jada Kiss and bars to match we have not had seen this kind of rapper since Chance the rapper.

Which is ironic, being as though LaRussell, like Chance also took an independent route but that is where the similarities end. As the way they have navigated that independent artist route has been very different. LaRussell is well documented on speaking on his pay what you want style while Chance is more of independent by way of not having a tradition record deal.

Dion: I want to talk a little bit about your decision to be independent and what that entails. So, right now, do you consider hip hop or music to be in a good space when you look at it through your lens? Or do you feel like it's lacking a lot of that authenticity that you're talking about right now? Or do you think we're moving to that? Because I see people like you, I see people like Tobe - you guys feel counterculture.

> *"I guess it's in a treadmill state where it's not really going anywhere."*

LaRussell: It's going forward and backward simultaneously. So, I guess it's in a treadmill state where it's not really going anywhere. But it's up to certain people to kind of take it.

I feel like hip hop, as a whole, is in a very dire state. It's kind of been infiltrated by hustlers.

Once people figured out "oh s***, I can make a whole bunch of money off of this - and I could do it legally versus doing it illegally" - they choose to do this and they don't always bring the most nurturing traits to it. But I get it - if I could rap a couple songs other than selling drugs and risking my life - I get it, that's what I'm gonna do.

So, I think it's in a dire state. We have those who are just here for the hustle and just want to get their bag. Then we have those who are here, because they truly love the art and this is how they express everything that they feel and share and build community. So, it's a balance - it's just going wherever it's going- I'm not sure which direction that is. But I don't really listen to much rap at all - sometimes it's bombarding - it's an overload – it's too much to consume and makes my head hurt. So I guess that's kind of where it is.

LaRussell feels like a heart in a music industry full of hands, just taking while the Vallejo native is here to make people feel something.

Surely rap is better, someone safer hustle than the streets and it has changed the lives of many young guys. I think a lot of artist feel that way because you understand the hustle, so you don't want to stifle those guys, where we get why you're doing it. But there is something missing.

LaRussell: Yeah, it's missing the heart. And that's the thing about hustling- my pops used to sell everything under the sun and he didn't have love for those things he was selling - he had love for the hustle.

But what happens with that is you dilute the art because someone actually loves it. And they're going to give a certain energy that you just can't give because you don't love it. It doesn't mean the same thing to you - you're doing it for your survival.

I'm doing it because I have to, or my heart is in despair- those are coming from different sources. And that creates different art, right? I can't create meaningless art.

I don't write lyrics that aren't true to me, or that I didn't experience or go through, I don't have that s*** in my catalogue. I can't. It's too difficult. And it doesn't make any sense to do it. But when it's just a hustle, you're just selling the product. I'm just making a product and selling it. I don't really care how good or bad the product is, I'm just making it and selling it and I get both sides. So I understand both sides.

Dion: Let's talk a little bit about your choice to be independent. It seems like it's a sexy route right now. Everybody is independent or partially independent or want to present independent. It seems like a hard decision, If I'm being honest, especially when you're good as you are. You definitely have a niche. I think there's probably people offering you stuff all the time. So, walk us through what was that decision? What was the defining moment of saying, "I can make this lucrative and be true without having to sell."

LaRussell: I'm independent, firstly, by necessity, not by choice. I didn't have the option to sign. No one wanted to come sign me initially. So I had to be independent to get to where I am. Out of that necessity, I was able to develop a bunch of skills and traits and knowledge and experience that allowed me to never have to sign if I didn't want to. Now, I've built the type of infrastructure where I have the same amount of capital that I would have if I went to a label- it's just I have to work for mine.

Instead of getting it in a lump sum, I have to actually work, which sometimes could be hindrance and I don't even sway either way. I believe in independence. And I think you should be independent if n****** is trying to play you.

But if someone's offering you a good deal that falls in your favor that aligns and makes sense, I think you should take it. Because if you can get the capital and the runway to build what you really need to build in advance - That's amazing! But if someone's playing with you then just get to work - it's not worthwhile, but I'm someone who was independent out of necessity.

I didn't have any other option. So, I learned everything I needed to learn. And eventually it got to a point where it was like, "Oh, s***, yeah, I don't need you- oh, I'm doing this better than you guys do".

Some of the major artists reach out to us [Good Compenny] to help them with their s***. I've walked into these buildings and I'm asking questions that they don't have answers to. I'm doing things that they're looking at, like what is this? I'm the indie guy in Vallejo.

And I'm doing the most revolutionary s*** in the entire industry. So, to me, why would I go join the people who aren't doing the innovative ingenuity things?

It just doesn't make any sense. Unless they could give me the capital to truly build everything I want to build; in that version, they will be an asset. If you're just giving someone all the capital they need to build and getting out the way, you're an asset. But if you're giving somebody a minute capital and trying to own their s*** and take control and tell them how to navigate a business that they've already grown 1,000x, you're insane. That doesn't really make sense. You're being predatory at that point.

Dion: The fact that you are where you are and you "had to go independent", does that bother you? What does that day to day feel like? When you say "yo, I'm better than that. But nobody's looking to sign me". I will actually kill that. How did you process and deal with that?

LaRussell: It definitely gives you a chip. And man, you really got to handle it day by day. Me and my pops who use to have conversations all the time and he would be like "man, it's coming, you just got to keep working."

I tell people all the time, music is the worst and best paying job in the world.

Because in music, you don't get paid bi-weekly, you don't get paid monthly, you don't get paid bi- monthly, you may not even get paid yearly. But when you finally really get paid, and then it's substantial, it's very lucrative. But your wait is longer. But with that, just like any other job, the more hours you work, the bigger your check will be. That's something that we've learned - we ain't got paid yet, but I put a whole bunch of hours on that clock.

So, when you gotta write me a check, now you got to account for my triple, my double, all that. You gotta pay me by every one of them now. And the hourly rate changes, the longer you wait.

The more I talked with LaRussell the more I wanted to talk to him. He has a carefree disposition yet the care he has for his art, the culture and his people is so raw and evident. With no end in near he has already established things he could past down or give over, which is very different approach from most rappers. It is as if he already has legacy in mind.

Dion: Legacy. You already have Good Compenny that's helping artist. Though you are so early in, so I know you're not thinking about the end, But I like to think about these defining moments. So, when it's all said and done for you, when you do decide to kind of hang up the flip flops and microphone and just put your feet in some sand of retirement 10,15, 20 years down the road. What would you consider your legacy to be? What do you want to kind of contribute to the culture and your family and the community? and I know you're thinking about it.

LaRussell: I feel like everything I've done now is that. I've helped start a lot of artists' careers and have lend my resource and my hand. I fed my entire community. I have a restaurant out here. I have content studios out here that help artists. I have a consulting agency.

We have private paid shows; we're doing the first festival where I'm from.

I just purchased a compound- I just got a big ass compound - three commercial units and for residential, so we're here now. But I'm building all the infrastructure necessary to sustain for artists after me to never have to sign a deal. I'm meeting all the right people. I've noticed throughout my journey, I used to have conversations with A&R- now I just talked to the owner directly.

If I can't speak to the owner, there's just not a conversation to be had because they don't really want me that bad. So, I'm building all of it now. I'm literally building my retirement plan.

Now, every artist I helped is an artist I have stake in - equity in their careers. So, I look at everything I do as property. I have 24 albums - that's 24 properties that pay me rent every month. I also wrote 10 albums for other artists - that's 10 properties paying me rent.

And now every artist that I helped and cultivate, which probably this year will probably break about 10 to 15 artists, that's another 45. So, by the time I'm done, I'll have 100 properties paying me every month. And that's just the music, that's not the shows that I do in my backyard and everything- I built my own venue, that was a part of my retirement so when I'm done if I ever have a need I could just go in my backyard and do a show. I don't have to go rely on someone to open their doors for me.

"LAgacy" should be LaRussell new name. Legacy Established and the culture benefits. The conversation around "the culture" is always an interesting one. It rarely involves actually moving the culture forward. More millionaires but the wealth gap is unchanged and un-phased.

LaRussell's take on it was refreshing and telling.

Dion: So, everybody talks about "oh for the culture, for the culture, for the culture" but are the same ones that perpetuate the same stuff that is not really moving forward.

Then I hear somebody like you doing those things - when you hear that term "for the culture" - is this what you think about? A lot of times, a lot of hip hop people seem to be the ones who represent the culture, but it's got to be beyond that. I don't hear people doing what you're doing. So, when you hear for the culture, is this what you envision?

Because they think they're representatives of the culture. So, they are like "for the culture", which means "for me", and partially me as well. When I say for the culture, it's partially for me, but it's also for everyone that benefits from being around me. Everyone who meets LaRussell gets access to resources, a compound, video team, marketing and information, knowledge. Some of these artists, if you meet them, you don't get access to nothing but jewelry and nothing - just a life that you don't really care for. It doesn't come with perks. It's not truly beneficial to the culture, it's beneficial to themselves and their platform.

And I've had conversations with heads of several different companies that are trying to build infrastructure within a culture, and they'll ask, "What are we lacking? What are we missing?" And I'm like, "bro, you're not doing nothing for the culture. You're just trying to gain and you haven't done s*** for nobody for you to receive."

Of course, no one's supporting you. You don't support nobody and that's what they don't understand. It can't be for the culture if you're doing nothing for the culture. How's it for the culture and you're the only person that benefited from it- that doesn't align or make sense.

LaRussell continues to rewrite the blueprint for the independent artist: while ushering in a new prototype of artist. If he is the future, then we are in good compenny.

OVER 1 MILLION STREAMS
BY Our NAME!
BEACH HUT DELI
LA RUSSELL
VIP PASS

LAFAYETTE 148
NEW YORK

THE 10 SONGS

TO ADD TO YOUR PLAYLIST TO FIGHT THE ROBOT APOCALYPSE

Verizon
3:57 PM
81%
Library
Edit
Running Playlist
Updated Today
Play
Shuffle
Death Of A Strawberry
Dance Gavin Dance
Running Up That Hill
Kate Bush
Approximately
Black Thought
Mr. Blue Sky
Electric Light Orchestra
Walking On A Sream
Not Playing
Library
For You
Browse
Radio
Search

WRITTEN BY **DION RINGGOLD**

Ok, laugh if you want but they just created an AI that sounds just like Kendrick Lamar.

All I am saying is the robots are coming.

AI is not the wave of the future; it's the wave of right now.

Reports show, 70% of companies are spending over $1 million dollars on A.I.

We are often told how art mimics reality. I think we have seen enough movies to know the robot takeover is inevitable. The signs have been right in front of us for decades. Even McDonalds is going to have robots making your kids happy meals.

If you're anything like me, in order to do anything that involves work; cleaning the house, exercising or fighting robots; You need a playlist to kick robot but too and try not to die.

Let's hope none of them are as fast of T1000.

Here's my 10 song playlist to ensure I survive the robot apocalypse.

Death of a strawberry
by Dance Gavin Dance

Running up that hill (A deal with God)
by Kate Bush

Approximately
by Black Thought

Mr. Blue Sky
by Electric Light Orchestra

I want to Thank you
by Alicia Myers

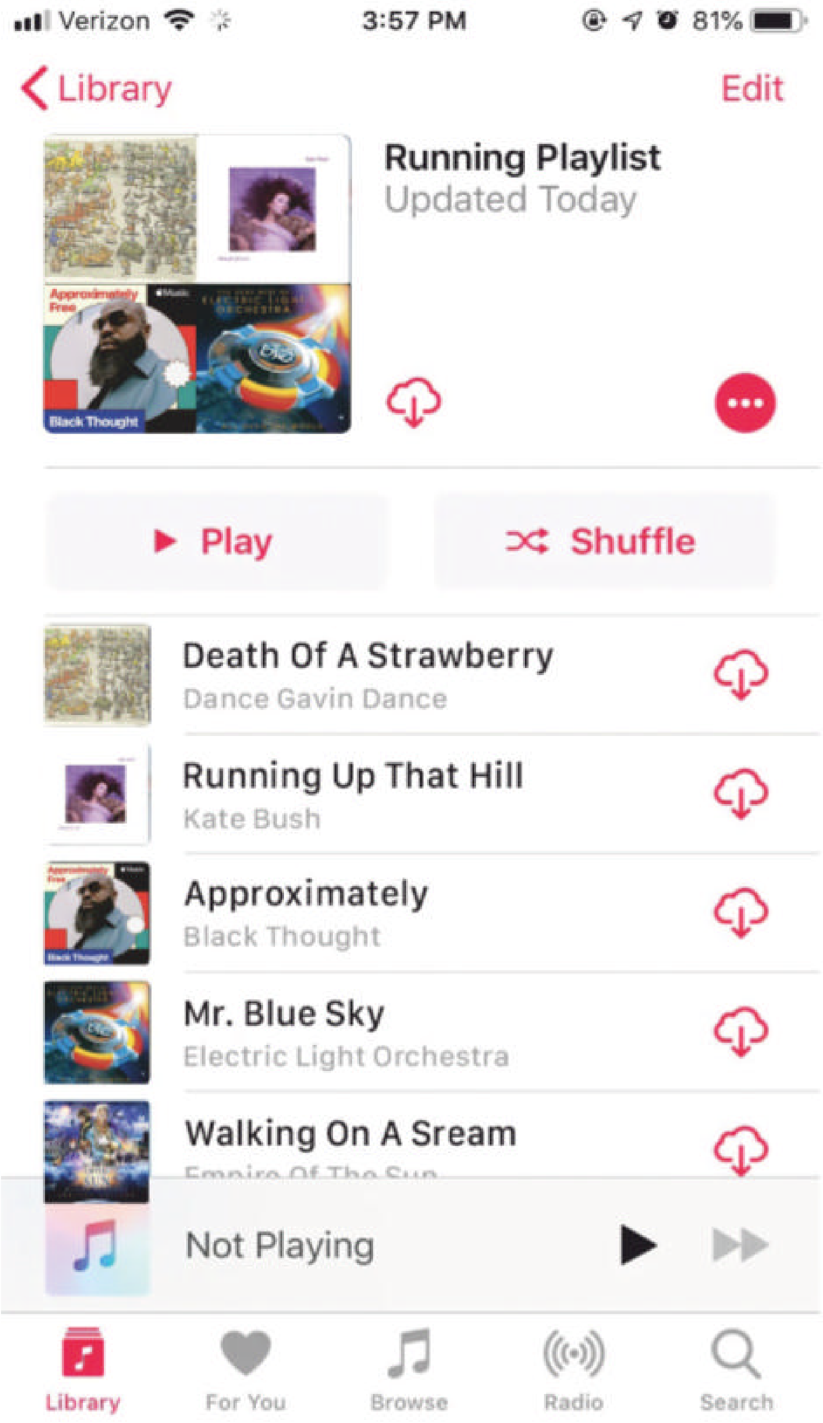
Don't stop believing
by Journey

Walking on a dream
by Empire of the sun

Decode
by Paramore

As it was
by Harry Styles

Claire de lune
by Claude Debussy



Running Playlist
Updated Today

Death Of A Strawberry
Dance Gavin Dance

Running Up That Hill
Kate Bush

Approximately
Black Thought

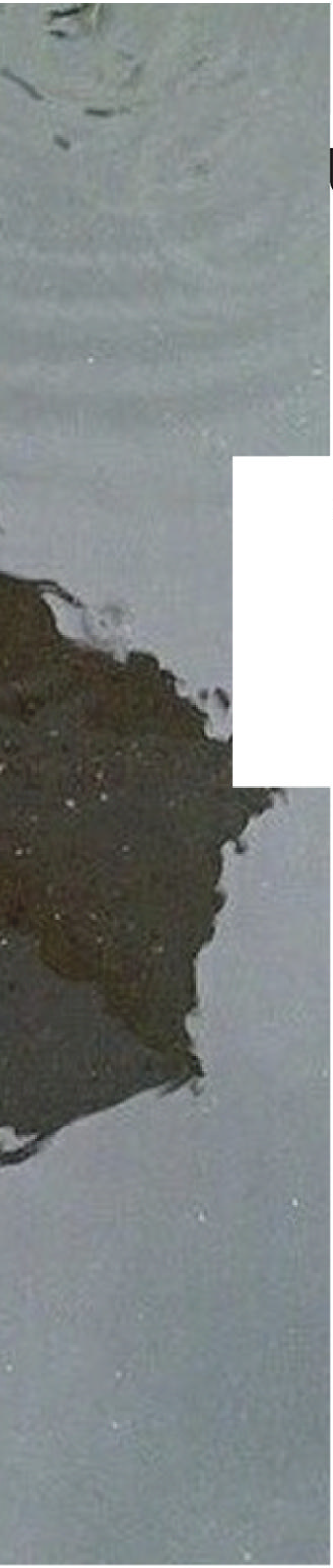
Mr. Blue Sky
Electric Light Orchestra

Walking On A Sream
Empire Of The Sun

The proper playlist increases your chance of survival by 300%.

Look at Max. She made it, sort of.

What's your ten?



WHY IT'S WEIRD

THAT BOYS ARE TAUGHT NOT TO CRY.

BY **EM SEGGIO**

For too long, men have been taught to handle their emotions by withholding their tears with stoicism and self-reliance.

But the cultural belief that crying when experiencing emotions is synonymous with weakness has long been refuted by the scientific community. We now recognize that crying not only increases attachment and intimacy among peers, but has also proven to be biologically necessary.

However, this undeniable reality clashes with the outdated cultural standard for what it means to be a man. This stigma encourages repressive coping, more commonly known as the “bottling up” of emotions for the preservation of self-image, which can lead to a weakened immune system, hypertension and heart disease.

In fact, psychologists suggest that crying releases both endorphins and oxytocin, which chemically ease emotional pain and make the body feel physically better after experiencing high-stress situations. This norm is a misguided attempt to encourage the display synthetic strength, instead of fostering a safe environment for a catharsis to run its natural course and allow for genuine healing.

Doing so inhibits them from emotional maturity, from understanding their emotions, recognizing what triggers them, and developing productive ways to handle it. It's no wonder that statistically, men are three times more likely to commit suicide than women. So much so that suicide is the leading cause of death for men under the age of 45. We can change these patterns for future generations by creating an open dialogue about emotional understanding from a young age and provide young men with the tools to develop healthy coping mechanisms.

We can do this by taking phrases like "man up" or "be a man" out of our everyday vocabulary. We can commit to listening more and speaking less, and listening actively - not just to formulate our response - but with the intention of genuinely understanding each other.

By offering young boys a platform of open-armed compassion, free of the stigmatized shame around vulnerability, we can breed a generation of men who better understand their own emotional needs, and who can show empathy for the needs of others.

In a world rich of division and multidimensional hardship, ***we deserve to demonstrate the same compassion for ourselves as we do for others.*** We must award ourselves permission to cry, to take a moment and feel everything, all at once, so that we can then put it down and move forward with an understanding of our suffering. This is the only way we can genuinely begin healing.

Pain isn't gender specific, and the way we cope with it shouldn't be either.

SOURCES:

"REPRESSIVE COPING"

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2980802/

"crying releases both endorphins and oxytocin"

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4035568/

"men are three times more likely to commit suicide than women"

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FORGIVING YOUR PARENTS IS HARD..

HERE’S A LIST TO HELP

BY **BELOVED PROMISE**

Self-preservation is one of the most natural human mechanisms for survival. In any given situation the body is designed to respond in a way that supports life. If our finger gets burned we pull our hand away from the fire, if someone breaks our heart we stop socializing with them, even our skin forms callous in response to consistent exposure to adverse conditions. Forgiveness is one of the most Christ-like actions that we can perform. It requires us to actively oppose mechanisms of self-preservation that are intricately woven into our DNA. It forces us to engage a source of hurt and danger with open arms. Jesus Christ has set the standard for us in this regard by extending forgiveness to us who would ultimately have him crucified.

It is my understanding that two relational dynamics operate as godly tools in our efforts toward sanctification. These two dynamics are marriage and family. I acknowledge the fact that these are not the only two dynamics that can aid in our sanctification but posit the idea that no other dynamics are more effective in the matter. Few relationships challenge our growth in Christ like an unhealthy and or abusive familial dynamic. The genetic connection to members of our family, specifically parents and siblings, creates a sense of obligation among believers and non-believers alike. This sense of obligation can cause us to tolerate abusive or hurtful behavior that otherwise would not be tolerated. This conversation begs many questions:

- **WHAT IS FORGIVENESS?**
- **WHAT DOES GOD SAY ABOUT FORGIVENESS?**
- **IS THE BELIEVER COMMANDED TO FORGIVE, AND IF SO TO WHAT EXTENT?**
- **WHAT IF ANYTHING IS THE COST AND OR BENEFIT OF FORGIVENESS?**

WHAT IS FORGIVENESS?

Forgiveness extended by man is the intentional surrender of ill will or malicious regard towards an individual that has wronged you. Godly forgiveness is the washing away of sins leading to eternal reconciliation with Him.

There are few things more painful than being wronged by a parent. Our parents created us and with that lies the expectation that they love us and care for us. For this reason, when they harm us it can feel like the ultimate wrongdoing. Spiritually speaking, our parents are our brothers and sisters in Christ. They are human beings that are susceptible to the very same conventions of human behavior that we are susceptible to. A common assumption is that parents are older, they know better, and when people know better they should do better. I am a living testimony that knowing better does not automatically lend itself to doing better. This, like forgiveness, is simply a matter of the heart. Scripture reveals to us that only God can change the heart of a man ("The Lord your God will change your heart and the hearts of all your descendants, so that you will love him with all your heart and soul and so you may live!" Deut 30:6).

WHAT DOES GOD SAY ABOUT FORGIVENESS?

1 Repay no one evil for evil, but give thought to do what is honorable in the sight of all (Romans 12:17).

Every action of man must stem from a desire to love God with all of our heart, mind, body, and soul (Matt. 22:37). This includes the ways in which we react to being wronged physically, emotionally, and mentally. Our actions begin as thoughts springing from our very hearts and minds. We must pray for a clean heart and a new right spirit within that desires to please God in all things and above all things (Psalms 51:10).

2 Blessed are the merciful, for they shall receive mercy (Matthew 5:7).

There are many worldly things that we can use to deceive our understanding of our own salvation. Many believe that going to church every Sunday makes them a Christian. For anyone confused, please do not deceive yourself but look to the word of God in 1 John chapter 2. The word says that the love of God is perfected in those who follow His word (1 John 2:3-6). So if I say I am a Christian, I should act like Christ. Jesus has bestowed mercy upon us and we are to do the same to others.

3 For I will be merciful toward their iniquities, and I will remember their sins no more (Hebrews 8:12)

4 Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth (1 Corinthians 13:1)

5 A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another (John 13:34)

6 Be on your guard! If your brother sins, rebuke him; and if he repents, forgive him. And if he sins against you seven times a day, and returns to you seven times, saying, 'I repent,' forgive him" (Luke 17:3-4).

7 ***"If your brother sins, go and show him his fault in private; if he listens to you, you have won your brother. But if he does not listen to you, take one or two more with you, so that by the mouth of two or three witnesses every fact may be confirmed. If he refuses to listen to them, tell it to the church; and if he refuses to listen even to the church, let him be to you as a Gentile and a tax collector (Matthew 18:15-17).***

8 Then summoning him, his lord *said to him, 'You wicked slave, I forgave you all that debt because you pleaded with me. Should you not also have had mercy on your fellow slave, in the same way that I had mercy on you?' And his lord, moved with anger, handed him over to the torturers until he should repay all that was owed him. My heavenly Father will also do the same to you, if each of you does not forgive his brother from your heart (Matthew 18:32-35)."

9 "You have heard that the ancients were told, 'You shall not commit murder' and 'Whoever commits murder shall be liable to the court.' But I say to you that everyone who is angry with his brother shall be guilty before the court; and whoever says to his brother, 'You good-for-nothing,' shall be guilty before the supreme court; and whoever says, 'You fool,' shall be guilty enough to go into the fiery hell. Therefore if you are presenting your offering at the altar, and there remember that your brother has something against you, leave your offering there before the altar and go; first be reconciled to your brother, and then come and present your offering (Matthew 5:21-24).

10 Whenever you stand praying, forgive, if you have anything against anyone, so that your Father who is in heaven will also forgive you your transgressions. [But if you do not forgive, neither will your Father who is in heaven forgive your transgressions"] (Mark 11:25-26).

IS THE BELIEVER COMMANDED TO FORGIVE, AND IF SO TO WHAT EXTENT?

The scriptures are clear, we are to love one another. Forgiveness is an aspect of love. How can we love our Father in heaven whom we have not seen but hate our brother whom we have seen (1 John 4:20)? It is important that we also love ourselves. God does not call us to remain in abusive dynamics (Luke 17:3-4 & Matthew 18:15-17). God calls us to be patient towards our brothers and sisters just as He is patient towards us. Pray for your unrepentant brothers and sisters in Christ and when they return with a sincere heart evaluate the fruits of their labor. If the fruit matches the trees, receive your brother or sister with a sincere heart. Rejoice over the miraculous work of God. Don't forget to pray for yourself. Just like our hands, our hearts can grow callous from hurtful and abusive behavior. Never forget how patient God has been towards you. Extend that patience to your parents seven times seventy times (Matthew 18:21-22). If your parents are not believers cast your cares upon the Lord and let Him guide you in all things. Never remain in an environment that is detrimental to your health and safety. Forgiveness is first a posture of the heart.

WHAT IF ANYTHING IS THE COST AND OR BENEFIT OF FORGIVENESS?

Forgiveness costs everything a believer should hope to lose including pride, anger, resentment, selfish ambition, and hate. It helps us look like Christ. For my sins are many and I have been forgiven much. It takes the compassion of Christ to look at a human being who has betrayed the deepest levels of your trust and still see a child of God. There is room at the cross for you, the thief, the murderer, the liar, and your parents. I pray that we all get there.

LAFAYETTE 148
NEW YORK

Understanding CONSENT

PROTECTS OUR CHILDREN FROM PHYSICAL AND EMOTIONAL HARM

BY **PRINCELLA TALLEY**

As a child, I learned the basics of polite behavior; Say "please" and "thank you." These concepts are simple, but consent is nuanced. If someone agrees or gives consent to one thing, it doesn't mean they have given blanket permission for everything.

To say public discourse about consent is lacking depth would be a generous understatement. Publicized discussions about consent remain on a surface level and a neglected conversation in countless homes. Talking about consent and what it really means is a responsibility that adults should not take lightly, especially when they have children. An uninformed child is a vulnerable child and limited knowledge about consent can be physically and emotionally dangerous.

The first thing I wish more adults would have known and taught me as a child is that consent is more than a word - it is a necessity for healthy relationships because it creates an atmosphere of respect and safety for everyone. Consent is about much more than sex. To give consent is to give a clear indication that engaging in a certain activity is okay. This applies to physical touch, the request for or sharing of information, or making decisions for someone else. To dishonor someone's right to give or deny consent violates trust in insidious ways, ruining relationships and damaging a person's sense of self-worth in ways that can be irreparable.

The education and understanding surrounding consent should evolve with every stage of childhood. Children need to learn consent, not just for others, but to advocate for themselves and build healthy relationships in the future. Consent is not a one-time conversation, but a continuous dialogue that reinforces the value and necessity of seeking and giving permission.

Using age-appropriate language with relatable examples is a powerful way to make a lasting impact when teaching about consent. For younger children, explain the difference between "good touches" versus "bad touches" as a simple but effective starting point. As they grow and mature, the conversation should become more complex to address issues such as peer pressure and speaking up when someone is not honoring the importance of consent. Beginning these conversations early can guide young people throughout their lives and prevent unnecessary harm.

Unfortunately, the media and popular culture create a loop of misunderstanding about consent. Navigating these complexities with honesty is the best way to help children unlearn popular messaging around what consent should be. If parents and older family members do the work to truly understand consent, they can better equip young people with tools to make informed decisions in real-life situations. However, entertainment has its perks. Movies and song lyrics can provide the perfect pathway to start conversations about consent without pressure.

Children are like sponges, soaking up every action and word they observe, making it crucial for adults to lead by example. They emulate behavior and the onus is on adults to show what a world built on respect and consent looks like. Even if our family members didn't unpeel the layers of consent with us, we can still learn. By being mindful of our own actions and words and demonstrating the value of seeking and giving consent in all aspects of life, we lay the foundation for a future based on dignity and respect.

It's also crucial to create a safe and non-judgmental environment where these conversations can take place from a diversity of perspectives. Active listening and being open to others' experiences opens the door to a deeper understanding of the complexities around consent. Recognizing the uniqueness of how consent is received and given from people with different lived experiences makes it easier to explain how consensual relationships should look.

Consent is more than a concept and ignoring the conversation is no longer an option. In today's world, there are a variety of tools to help educate the next generation, but it starts with adults showing young people the way.

GENERATIONAL CONVERSATIONS IT'S TIME TO HAVE

BY **DANTE MOORE**

Who is the G.O.AT.? depending on who you ask that answer will vary.

The conversation feels like generationally defining, though can never truly be answered as we all are using different tools to measure it.

There are other conversations however that are also generation defining but are happening to far and in between.

1# DO AWAY WITH OLD ADAGES THAT KEEP US IN A DORMANT

These include but are not limited to damaging and confining phrases that shape what is known as limited beliefs. Beliefs such as "Do as I say and not as I do" or "This is the way it's always been done" are two major thought processes. To all of our baby boomers out there that grew up in an era where it was not ok to question processes, dogma, beliefs, tradition, or rules it is time to unlearn that behavior. That method of thinking has been engrained and passed down and as a result it has created an environment of fear, intimidation, manipulation, depression, half-hearted effort, and an overall lack of accountability.

The number one question every toddler asks is why? We are still asking this question. Therefore, when you exhibit behaviors that communicate the "do as I say not as I do" belief and we ask why, you are essentially excusing yourself to be a hypocrite to those under your care. You are removing accountability from yourself as a student of your own lesson, yet you desire to be a teacher. In my culture the phrase sounded more like "Do what I tell you to do, because I said so." It was often followed with an idle threat that served as a reminder of who life giver was that sounds like "I brought you in this world, and I'll take you out." Yup, that's the spirit to being asked why you are not held accountable.

In every aspect of life whenever we just go along with the status quo and do things a certain way because they have always been done we will never push past our limits. With that mindset science would cease to reach new heights, technology would never evolve to keep us competitive and ever learning. While I understand the discipline boomers needed to be committed to a thing and see it through, you have to equally be committed to change and embrace it as it comes. Without it we would still be suffering through open civil inequalities, financial disparities, workplace divides, and much more. We have to challenge the tradition and become flexible with the current culture and climate in order to keep growing.

2# WE ARE NOT LAZY, ENTITLED, AND UNEMPLOYABLE.

This is a myth. We are not looking for handouts and favors in the workplace or from society. Not all of us are lazy and sitting on our hands at home playing games or watching TV. The truth is we have found a way to master doing the things that we love and in some cases getting paid for it. Millennials can accomplish goals from behind a keyboard in 4 months that it would take some of our baby boomers 4-years in a state college to do from behind a desk. Everything is at our fingertips and it is the privilege of this instant access of information due to the Internet that has blessed and cursed us. While it has immobilized us and damaged our people skills in some aspects, it definitely has expanded our reach and allowed us to stretch our minds at our pace.

We are not unemployable and we value hard work just as much as those before us, however we refuse to be stagnant. We do not want to work just for a paycheck, there are deeper drivers and motivations that keep us plugged in to our employers. Millennials need options, growth opportunities, they want to see cultural diversity and community engagement on a social scale making an impact. We want our ideas to matter and if we voice them for our voice to be heard – and if not, then we leave and go where we will be heard or we create our own platform. The observation is that we are unemployable; however what you are witnessing is that millennials have figured out how not to be wage slaves through maximizing specialty niches that weren't available decades ago.

To a fault we sometimes move too quickly without mentorship or guidance, however with the inundation of social media, shared learning, online courses, DIY, and webinars we are ever learning. The millennial is the person who can challenge the age-old media circuits and reach the ears of listeners through an online podcast or a you-tube channel from of their living room. We are efficient, tactful, collaborative, and fluid. By the time something becomes popular it's already old as it relates to profitable business concepts for the millennial. We don't deal in the here and now we operate in the future. This doesn't make us dreamers, it makes us visionaries.

3# YOUR WORK ETHIC IS NOT YOUR WORTH ETHIC.

Purpose and meaningfulness can be found in your work, but your work ethic does not define your worth. Directly tying the two together has created monsters within our homes and drained our parents of years off of their lives. It has caged the mothers and wives of yesteryear to the notion that if they don't have a job they possess no value until one is given to them. The job often given to them is to maintain the house, to raise the children, to attend social functions on behalf of the family like church and outings. Meanwhile, the father and husband works long hours. He acquires multiple jobs to make more money to increase his worth equity not only for his wife and to impress his neighbors but sadly for himself.

What happens however when the man can no longer physically work or is displaced and cannot find a job? How does the paradigm shift if the woman cannot bare children and she decides instead to become the breadwinner? This paradox has created chaos in the homes of the baby boomers. Statistics show this generation has the highest divorce rate and 2nd marriages in history. Much can be attributed to how you were raised as special children and then grew into adults and built your self-worth based on your accomplishments. You work to the bone and at the detriment of missing your kids grow up or being with your family for the most intimate moments.

Unfortunately at some point the work has to stop and when it does, what's left? A lack of purpose, a family full of foreigners, and the beginning of misplaced aggression. Domestic violence ensues, children abandon their households to live with more stable grandparents, divorce occurs, wives become scorned and broken, parted spouses turn to recreational habits to cope. Their children grow and vow to be independent and never need anyone and to do better for the kids that will come through them. While this is a tough conversation, it is important to know the American Dream you were promised as a child, can become a living nightmare when you become the work you embark on.

10 DAUGHTERS THINGS

NEED FROM THEIRFATHERS BESIDE A BODYGUARD

Father figures play such an essential role in a daughter's life. They are our first dates, and yes our protectors and providers, but most importantly they are our first introduction and potentially one of our closest glimpses that we can get of "thee" Father.

We often think of fathers as one of a woman's greatest influences on her perception of men and they can be. We often think of fathers as our bank accounts and body guards and while that sense of security is so important, especially in our youth, a father's influence has the potential to be so much deeper than that.

As a woman in society today, we need dads to be more than just our bodyguards and bank accounts. They have the potential to pour into us a love that allows us to love ourselves and God more deeply. Research shows that the father-daughter relationship not only has the ability to shape her opinions of men but also her self-esteem, confidence and self-image.

While the role of the father has been undervalued and undermined often in media over the years, portraying fathers as nothing more than absent providers at best, women who have present, supportive, involved fathers can attest to the fact that their role is undoubtedly a significant one.

Ask yourself- how do you think of yourself? How do you think of and most often relate to men? And where did these positions stem from? Most often we can draw those answers back to our relationships-for better or for worse to the father figures that we have in our lives.

So, what can and should a father provide aside from financial stability and physical protection? We'd like to name a few things with the end result being a flourishing, confident and bold woman in a world that often dims OUR light and they all start with the role of the father.

AFFIRMATION

To have a male figure affirm you as a woman makes you feel seen in another way. Men have a natural heir of dominance, partly (over)-imposed by society, mostly divinely instilled by the Creator Himself. When men affirm women in their role, when a father affirms his daughter in her gifting, beauty and strengths it breeds in her that same confidence she has in him.

Which brings me to the second gift to be given by father.

EMPOWERMENT

So often women and girls are made to be, seem and feel second place to men. A strong father figure doesn't just train his daughter to depend on him. He equips her with the same knowledge and tools he has to do it on her own. This confidence can be carried into the workplace or even in the smallest of feats like changing a tire in your single season! (But girl, don't feel small if you'd still rather call triple A for that. Smarter not harder, Queen!)

PROTECTION

Do not get me wrong, there are a lot of things that a woman can do for herself these days but there is a deep sense of safety and a confident peace that comes from having a father figure that always has your back if he has to.

SECURITY

While being protected physically can absolutely provide a sense of security, when a father goes beyond that to also provide emotional security by listening and actively supporting his daughter through whatever life may bring this creates a deepened trust that can help to increase the value of her self-worth.

WISDOM

An ear is not all a father can extend though. In fact, one of the greatest gifts of family, is the lived experience that is able to be passed down from one generation to the next. It binds us, and pushes us forward so that the baton is not dropped in the building of our family and kingdom legacy. A father that holds dear to his position and cherishes his influence takes every opportunity to pour into his daughter the wisdom that could protect her and excel her further than her own trials and errors could.

RESPECT

With the respect that should come from a child to her guardian should also come a mutual respect them empowers them to trust their own decisions. A good father does not just exalt his own wisdom but esteems the unique office woman and the unique grace, gifting and ability on his daughter's life which goes hand in hand with the next item on this list.

TRUST

There is nothing better knowing than knowing that someone senior to you trusts YOU just as much as they trust themselves. From a father to their daughter. This makes even more of a difference because not only is he senior, he is, again, perceived as a more dominant figure as a man in society. To be empowered dually this way will allow a girl, a woman's self-confidence to sky rocket through the roof.

MOTIVATION

Sometimes we need a little push to be our fullest selves. We get complacent, or worst we never have the confidence to believe we are capable of more in the first place. A father's love and encouragement, in addition to all of the aforementioned points can just what she needs to take that next step- whatever or wherever it might be.

LOVE

In 1 Corinthians 13, the Scripture paints a vivid picture of what love is and what love is not. It is patient and kind. It is not jealous or boastful. It does not demand its own way. It is not irritable and keeps no record of being wronged. It rejoices whenever truth wins. It never gives up, never loses faith, is always hopeful and endure through every circumstance.

This is the love of God and their is no greater gift that a father could offer hiss daughter but to be her first reflection of that before she is mature enough to receive this love from any other man, or more significantly, God Himself. This leads me to the greatest gift a daughter could receive from her father of all.

TO BE DRAWN CLOSER TO THEE FATHER

A father's stewardship of his role is so sacred because not only does he have the ability to impact his daughter's view of herself or her view of men but her view of the Father Himself. How often in your adult life have you had to relearn how to relate to God, come to God, talk to God, invite God into your decisions and thoughts because of a lack of trust that was bred in your relationship with your father?

While this is nothing that Thee Father cannot redeem, life would be so much sweeter if we could forgo this step and get to the good part that much more quickly. The good part is moving from a dependence on self or others, including our Dad to be able to experience the divine love and leadership of our heavenly Father.

There is no amount of love, security or respect that a father could provide for us that comes near to the endless love we have access to experience in relationship with the Father. And there is no greater level of confidence, self-esteem or positive self-image that could come from knowing exactly who you are and were meant to be in relationship with the Creator.

The office of father is a significant and cherished one by God and has the power to redeem whether or not we give it all of its credit due. No matter what season you are in your life or who you look to as father, that redemption is still waiting for God's daughters. That's you!

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